



Getting Started

Before you start, know what you want in a relationship.

Choose a Site

Fee based sites are usually more secure.

Sites for people with disabilities

- Dating4Disabled Free or fee. One free credit every month to answer one message
- MySpecialMatch fee



- Soulfull Encounters one-time \$5 fact checking fee
- Special Bridge fee
- Whispers4U free or fee

Some sites can match people with or without disabilities.

Most have a fee.

Popular sites:

- Match.com
- Zoosk
- eHarmony

By providing links to other sites,
The Arc Minnesota does not
guarantee, approve, or endorse
the information or products
available on these sites.

Build Your Profile



Things to consider:

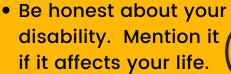
Interests

Hobbies



Plans for the Future

Your idea of a perfect date



 2 pictures: a close-up of your face & one farther away





Chatting



Send messages to people you find interesting.

- Say more than "Hi". What do you like about the person's profile?
- Talk about things you have in common.
- Ask a question. If they say they like music, ask about their favorite group.
- If someone makes you feel uncomfortable or unsafe, you can:
 - send a message saying you are not interested not interested
 - block their messages
 - report them to the website
- You do not need to keep talking to someone who makes you feel unsafe.



Dating

- If you are not learning more about them, or they do not want to meet for months, it might be best to keep looking.
- Meet someone in person when you are ready.
- Meet at a public place.
 - meet for coffee or ice cream. If the date goes badly, you can finish your coffee, or ice cream, and leave.
 - o go bowling.
 - o go to a sporting event.
- Keep first dates short.
- Tell a friend when and where you are going.
- Do not get a ride from your date









Watch for Scams

Be careful or stop talking to someone if they

- ask for money for any reason
- say they are from the United States but are living or traveling in a different country
- say they are recently widowed with children
- disappear suddenly from the site. Picture shows up under a different name.
- do not answer questions
- use too much sweet talk
- use romantic talk right away



- pressure you to provide your phone number or talk outside the dating site
- ask for your home or work address to send flowers or gifts



 tell stories that are exaggerated or keep changing



Trust your gut feelings

Some people may not tell the truth about

- their age
- their gender
- what they look like
- if they are single.
 They may be married.

Report to dating site if someone

- asks for money
- asks for pictures
- asks you to send naked pictures
- is a minor



- sends threatening or nasty messages
- attempts to threaten or control you in any way
- seems to have created a fake profile
- tries to sell you products or services

